Friday 12th September 2025

Dear Parents/Carers,

You will be aware that, as part of your child’s educational experience at St Philip Howard Catholic Voluntary Academy, we aim to promote personal wellbeing and development through a comprehensive taught curriculum and the Personal Development programme. This programme provides our young people with the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

The Department for Education has made Relationships, Sex and Health Education compulsory in all schools. Please find details below of the most up-to-date curriculum guidance:

<https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships_Education_RSE_and_Health_Education.pdf>

**What does the guidance mean?**

The DfE guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and relationships. By learning about the emotional, social and physical aspects of growing up, pupils gain the information, skills and values to build safe, respectful and fulfilling relationships and to take responsibility for their own wellbeing. All sessions are age-appropriate and meet the needs of all pupils.

In **July 2025**, the Department for Education published updated statutory guidance which will come into force in **September 2026**. At St Philip Howard, we will begin to gradually implement some of these new requirements into our **Personal Development curriculum** this year, with full implementation from September 2026.

Some of the new guidance includes:

* A stronger focus on **online safety** and digital wellbeing
* Greater emphasis on **mental health and resilience**, including recognising early warning signs
* Updated expectations around **consent, respect and healthy relationships**
* Clearer teaching about the **risks associated with vaping, drugs and alcohol**
* Strengthened content on **careers education and preparation for adult life**

**How is this delivered?**

Relationships and Sex Education is delivered in a variety of ways including through Science, Religious Studies, Tutor Time, the Personal Development programme and on SPH Experience Days. It is monitored closely and reviewed regularly. Lessons take place in a safe learning environment, underpinned by our school ethos and values, which are wholly aligned with those of the Catholic Church. Pupils are provided with opportunities to ask questions to deepen their understanding and to explore issues that affect them personally.

The resources we use to deliver RSE are drawn from a DfE-approved programme and Ten:Ten, a Catholic education organisation.

More information can be found at: <https://www.tentenresources.co.uk/>

**What if I have questions?**

We understand that parents and carers may wish to discuss aspects of the curriculum or raise questions. If you would like further information, please contact the school, and we will be happy to support you.

As a school community, we are committed to working with parents. If you would like to find out more, make any comments or provide feedback on the RSE policy, please contact Ms Neves at [cneves@sph.srscmat.co.uk](mailto:cneves@sph.srscmat.co.uk)

Yours sincerely,

Ms C Neves

Assistant Headteacher

Designated Safeguarding Lead

St Philip Howard Catholic Voluntary Academy